Becoming Bond for a day

Metro World News reporter Anthony Johnston's mission: To emulate the adventures and stylings Agent 007 PAGE 8

LET'S PLAY BALL

WILL IT BE DETROIT OR SAN FRANCISCO THAT GOES ALL THE WAY? GET PRIMED FOR GAME 1 OF THE WORLD SERIES PAGE 13

REGIONAL metro®

Wednesday, October 24, 2012

News worth sharing.

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Fiacco era comes to a close

Outgoing mayor Pat Fiacco will remain in office until Nov. 5, when the winner of today's election is sworn in. JEFF MACKEY/METRO

Interview. With YQR poised to pick its first new mayor in 12 years, Metro talks with Mayor Pat Fiacco about his effect on the city

JEFF MACKEY
jeff.mackey@metronews.ca

Outgoing Regina Mayor Pat Fiacco says he isn't concerned with legacy.

"The citizens of Regina will determine my legacy," said Fiacco. "I don't think you can go into this position to leave a legacy; I think you go into it to make a difference."

In his 12 years in office Fiacco has overseen Regina's transformation into a modern urban centre.

"When people do reflect on what my accomplishments were, I think the most important one would be that we are a better city today than we were in 2000."

In this department, Fiacco seemed confident his record would stand the test of time.

"When I became mayor we were living in a time where a lot of our young people were going to leave when they graduated university," said Fiacco. "That has changed tremendously — a lot of our young people have come back to start their families here."

One of the most successful initiatives Fiacco implemented was the "I love Regina" campaign, which is credited with re-invigorating people's commitment to improve the city.

"After that, people started thinking about the fact that we do live in a wonderful community and there is a lot to be proud of," said Fiacco.

After leaving office, Fiacco says he will be keeping busy. He just opened an Italian restaurant, Fortuna, and says he is going to remain committed to his work with Olympic boxing.

But the mayor also has more plans.

"There are other things, but I will be waiting until after the election to let people know what those plans are," said Fiacco.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Election coverage

- Increase in voter turnout expected, page 3.
- For election-day coverage, go to metronews.ca.

NEWS 1

Child Exploitation Unit

Another man charged in child porn bust in Prairies and the North

A Saskatoon man is facing charges as part of a police investigation that targeted online child predators in the Prairies and the North.

Members from the Saskatchewan Internet Child Exploitation Unit searched a Saskatoon home Monday and arrested Darrel Donald Stupinkoff.

The 58-year-old is charged with possession of child pornography and distribution of child pornography.

THE CANADIAN PRESS

John Nilson

NDP urges 'common sense solution' in labour law changes

Saskatchewan NDP Leader John Nilson says he hopes there will be a common-sense solution when the government brings forward labour law changes.

Nilson says the provincial economy has been moving along well with relative labour peace for many years.

He also says he hopes the government backs off from some ideas that have been floated in recent months, such as allowing people to opt out of paying union dues.

THE CANADIAN PRESS

Cypress Hills

Saskatchewan hires B.C. firm in battle against pesky mountain pine beetle

Saskatchewan is trying to stop the spread of the mountain pine beetle by hiring a B.C. company to help cut, pile and burn infested trees in the province's southwest.

Duncan Henderson Contracting will get up to $240,000 over three years to remove infested lodgepole pine in Cypress Hills Interprovincial Park.

The Saskatchewan government says historically, outbreaks have been limited by the cold climate. But the winter of 2011 was mild, so more of the beetle larva survived and that's threatening lodgepole pine forests around the park.

THE CANADIAN PRESS

Students at We Day Vancouver on Oct. 15 making a 'w' with hands for 'We'. MICHAEL RAJZ/CONTRIBUTED

Sask. students get first 'We Day'

Free The Children. National youth event is making its premiere in the province this February

Quoted

"We Day will really be a celebration of what students in the province are doing to make a difference in their community."

Craig Kielburger, co-founder of Free the Children

ALYSSA MCDONALD
regina@metronews.ca

Students will be inspired to create social change when We Day visits the province for the first time next year.

The free student event, which will be supported by PotashCorp and organized by Canadian non-profit Free the Children, is planning to motivate and educate 15,000 student attendees from across the province about social justice issues.

"(Free the Children) created We Day as a national movement … and we would not be national without Saskatchewan," children rights activist Craig Kielburger told Metro when he was in Regina on Monday.

Kielburger, who helped found Free the Children when he was 12 years old, is travelling across Canada with the We Day tour and came to Saskatchewan between the Vancouver and Calgary events. He talked to school boards and teachers in Regina and Moose Jaw about how students can gain access to the much-hyped event.

All students commit to a yearlong program with Free the Children and must perform at least one local and one global charitable action.

"We Day will really be a celebration of what students in the province are doing to make a difference in their community," said Kielburger.

We Day Saskatchewan will take place at the Credit Union Centre in Saskatoon on Feb. 27. Performers and speakers have yet to be announced. Other We Day speakers include Archbishop Desmond Tutu, actor Martin Sheen, Liberal MP Justin Trudeau and performances by Nelly Furtado and Jennifer Hudson. More than 100,000 students have participated in We Day in the last five years.

Farmers in Western Canada are on a mission to help the East. GETTY IMAGES

Payback. Farmers to send bales east by Christmas

The Agricultural Producers Association of Saskatchewan is trying to get 50,000 hay bales to Eastern Canada by Christmas.

In 2002, Eastern Canadian farmers sent hay to Western Canada to help farmers affected by a drought in Saskatchewan, APAS President Norm Hall told reporters after a Prairie farm leaders meeting Tuesday in Saskatoon.

Hall said the biggest challenge Prairie farmers face in repaying the favour is having an efficient way of getting the hay to where it's needed.

He called on the federal government and railways to help move the hay eastward and thanked Farm Credit Canada and Agrium Inc. for financial support. METRO

Regina, get your vote on

Voters head to the ballot boxes.
Following a 335 per cent increase in advance voting

ALYSSA MCDONALD
regina@metronews.ca

An increase in voter turnout is expected in today's civic election after a strong head start during advance polls.

The City of Regina says 5,637 people have already voted in advance polls, a 335 per cent increase from the 2009 election.

"Part of modern campaigning is getting people out to vote. Given the sheer number of people running, you would expect more voters as there are more candidates trying to get people to the polls," said Jim Farney, an assistant professor at the University of Regina's political science department.

Farney says the variety of candidate options and a core topic — which he says is the new stadium — motivates people to get out to vote. In the 2009 election, when there were only three mayoral candidates and an incumbent, only 25 per cent of eligible voters cast their ballot.

The City of Regina increased advance polling stations from one location to five this past month, including a drive-through station at city hall, the SGI office building downtown and three city malls.

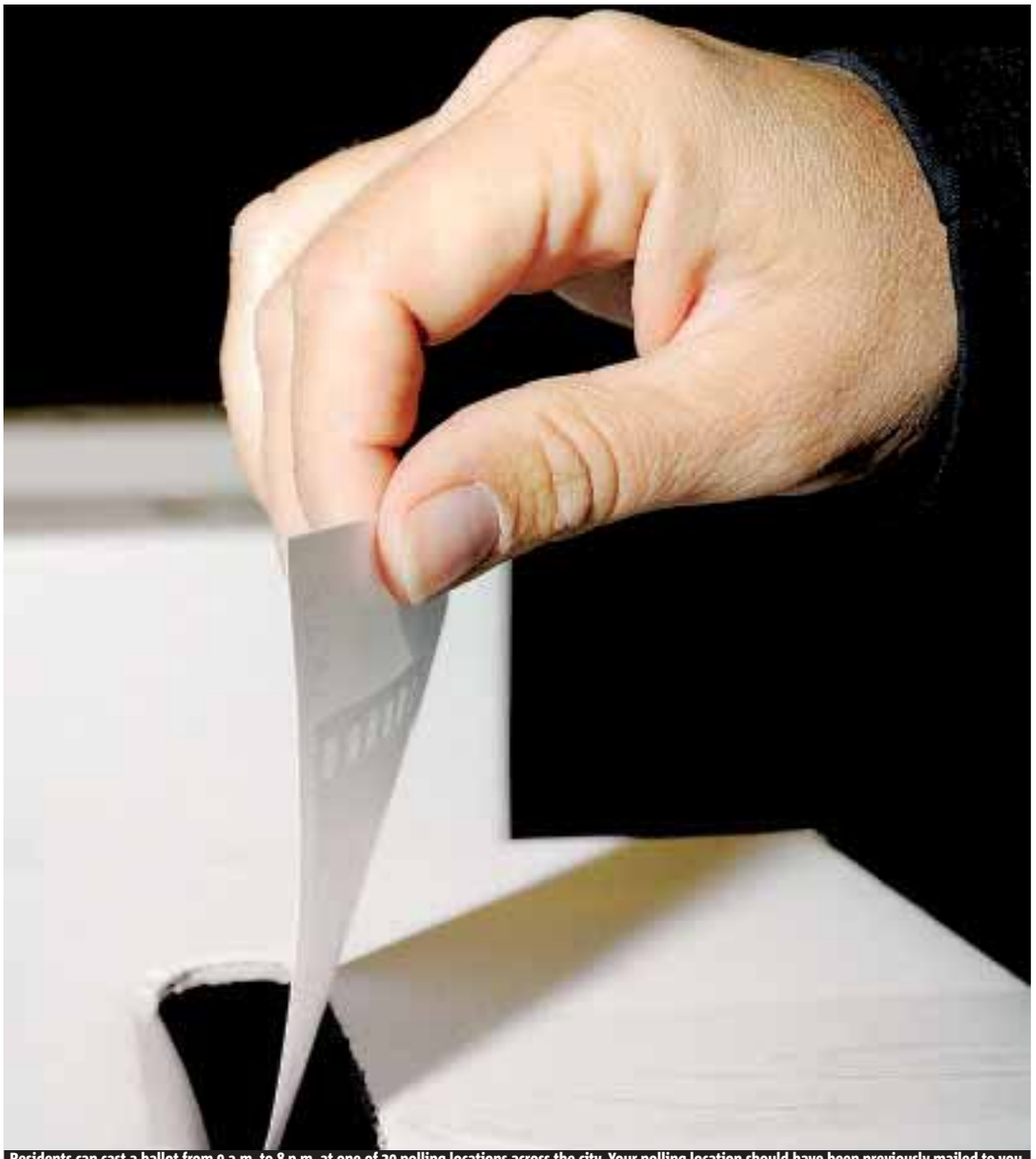
"The advance voting adds to the hype," elections coordinator Shelley Powell told Metro Regina. "People have voted and are talking to their neighbours … it's helping people to be rolling right along into voting on election day."

Powell says Tuesday's first snow should not make a difference, but "weather can play a factor in [voting] for sure." According to Environment Canada, there is a 40 per cent chance of flurries with light periods of snow on Wednesday evening.

By the numbers

80%

An independent poll by Insightrix Research released on Oct. 18 found that 80 per cent of its randomly selected 776 respondents planned on voting.



Residents can cast a ballot from 9 a.m. to 8 p.m. at one of 30 polling locations across the city. Your polling location should have been previously mailed to you.
MICHAEL RAJZ/CONTRIBUTED

MP honours two often-jailed anti-abortion activists with Diamond Jubilee medals

Saskatoon-Wanuskewin MP Maurice Vellacott CONTRIBUTED

Conservative MP Maurice Vellacott, who gave Diamond Jubilee medals to two anti-abortion activists who have been jailed repeatedly, calls them "heroines of humanity."

Vellacott gave one of his 30 allotted medals to Mary Wagner, whose aggressive actions "counselling" women in abortion clinics have repeatedly landed her behind bars.

The Saskatchewan MP also gave one to Linda Gibbons, another longtime pro-life advocate and frequent convict on mischief charges.

Wagner, 38, is currently in jail in Toronto awaiting trial after entering a clinic in August — this following a conviction earlier in the summer for a similar offence last November when she attempted to force her way into a Toronto clinic's private treatment area.

Justice Minister Rob Nicholson was not bothered by the awards, saying it is up to Vellacott to address the matter. Nicholson said that he personally is very happy to have awarded Diamond Jubilee medals to victims of crime.

A news release from Vellacott's office said the MP couldn't award medals "to the victims of crime, because these baby victims are dead."

Instead, the release said, he chose Wagner and Gibbons.

"It's a pretty upside down world when we honour abortionists like Henry Morgentaler for killing over 5,000 babies and imprison precious women, like Mary Wagner and Linda Gibbons, who try to save babies from such savagery," the news release said.

Vellacott likened Wagner to Martin Luther King Jr.

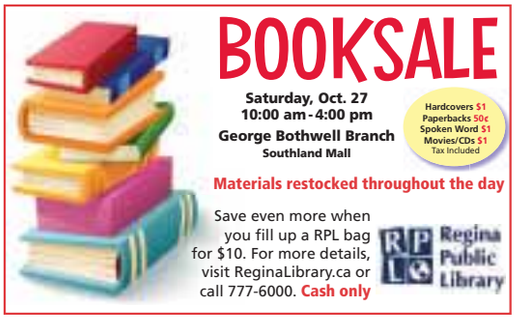
"Like Martin Luther King and other human rights reformers, Mary is using civil disobedience to further a just cause," he said.

"Peaceful civil disobedience is an appropriate method when trying to protect defenceless, voiceless human beings in the womb from butchery and death."

THE CANADIAN PRESS

Quoted

Vellacott couldn't award medals "to the victims of crime, because these baby victims are dead."
News release from MP Maurice Vellacott's office


BOOKSALE
Saturday, Oct. 27
10:00 am - 4:00 pm
George Bothwell Branch
Southland Mall
Hardcovers $1
Paperbacks 50¢
Spoken Word $1
Movies/CDs $1
Tax Included
Materials restocked throughout the day
Save even more when you fill up a RPL bag for $10. For more details, visit ReginaLibrary.ca or call 777-6000. Cash only
Regina Public Library

Public interest prevails

Correctional Service tries to prevent release of cell-death video

Federal prison authorities are going to court to try to stop the release of a jailhouse video of a teen who died in her cell.

Their announcement came just after the coroner refused to put a publication ban on the videos of Ashley Smith.

Prison authorities wanted the videos of a dying Smith kept from public view. But coroner Dr. John Carlisle said the public's right to know was too important.

THE CANADIAN PRESS

Annual report

Self-harm by prisoners rising

The federal correctional investigator says the number of prisoners harming themselves in federal penitentiaries has almost tripled in the last five years.

THE CANADIAN PRESS

Liberal party

McGuinty won't run for federal leadership

Outgoing Ontario Premier Dalton McGuinty won't be challenging Justin Trudeau for the federal Liberal leadership.

The premier has decided to look for challenges outside politics.

"I've talked it over with family and supporters and I've decided not to run," said McGuinty.

Some of his closest advisers had put together a campaign team that would have been ready to go this week.

THE CANADIAN PRESS

Foreign workers

B.C. investigates recruitment ad

The provincial government is investigating after the B.C. Federation of Labour complained an employment agency has been advertising for Canadian jobs, offering miners in China a chance to work here in exchange for exorbitant recruitment fees. THE CANADIAN PRESS

Taliban ambush kills 10 Afghans

25 suspects arrested. Guerrillas have been switching tactics and targeting Afghan security forces instead of foreigners

An Afghan National Civil Order policeman searches a man in Marjah, Afghanistan, Sunday. A Taliban ambush left 10 Afghan troops dead Tuesday. One American soldier was killed in a separate attack. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Taliban insurgents killed 10 Afghan troops in an ambush in western Herat province, police and government officials said Tuesday.

A spokesman for the provincial governor, Muhiudin Noori, said the Afghan troops were searching for a group of insurgents late Monday who had earlier set up a roadblock, stopping and seizing passing vehicles, when they were ambushed.

Five policemen, including the district commander, and five soldiers, died in the ensuing firefight, Noori said. There were no insurgent casualties, but police later arrested 25 suspects found in the area, he said.

Also Tuesday, an American service member was killed in an insurgent attack in the east, the U.S. military said in a statement. It did not provide further details about the attack. The latest death makes at least 12 American service members killed so far this month and 265 killed so far this year.

The Herat ambush was the bloodiest single incident for Afghan security forces this year in western Afghanistan, an area where the insurgents have been less active than in their strongholds in the east and west.

THE ASSOCIATED PRESS

Well-being. Economy OK, but Canadians not so much

Canada's economy may well be muddling through, but on a more personal level, Canadians generally are not, a new study of well-being suggests.

The Canadian Well-being Index, led by researchers at the University of Waterloo, shows that quality of life in Canada deteriorated by 24 per cent between the onset of recession in 2008 and 2010.

Canada's main economic indicator, gross domestic product, only declined by about 8.3 per cent over the same period and began to make a turnaround by the end of 2010.

"When Canada's economy was thriving, Canadians only saw modest improvements in their overall quality of life," said Roy Romanow, co-chair of the index's advisory board. "But when the economy faltered, our well-being took a disproportionate step backward." THE CANADIAN PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Clubs of Canada / Clubs Garçons et Filles du Canada

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ROGERS™

Heading in different directions politically: U.S. President Barack Obama and Republican challenger Mitt Romney walk past each other onstage after Monday's presidential debate. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Obama chides Romney: He has 'Romnesia'

Mitt's new tactic?
Hard-hitting U.S. president accuses the normally hawkish Republican of shifting his positions

President Barack Obama has come out swinging — again.

The morning after the last televised presidential debate — in which critics say he gave a hard-hitting performance — he accused his Republican challenger Mitt Romney of shifting his positions.

He even joked that Romney was suffering from "Stage Three Romnesia."

"We are accustomed to seeing politicians change their position from four years ago," Obama told a Florida rally Tuesday.

"We are not accustomed to seeing politicians change their positions from four days ago."

Romney presented a more centrist approach to foreign policy during the Monday-night debate.

But the Obama campaign said the Republican's performance showed he is willing to shift from or lose his more conservative positions to satisfy his more mainstream constituents.

The two are neck-and-neck in the race for the White House as they enter the two-week home stretch before Election Day.

During Monday night's debate, Romney largely expressed agreement with how Obama has conducted U.S. foreign policy.

Romney even congratulated Obama "on taking out Osama bin Laden."

THE ASSOCIATED PRESS

Quoted

"I will stand with Israel if Israel is attacked."

U.S. President Barack Obama,
Speaking out during the Monday presidential debate.

State prison

Sandusky sees his new home

Jerry Sandusky, the disgraced former Penn State coach, became a state prison inmate Tuesday.

The 68-year-old was transferred out of the Centre County jail, his home since he was convicted in June of child molestation.

He arrived at the State Correctional Institute at Camp Hill, just outside Harrisburg, Pa.

Sandusky was sentenced this month to 30 to 60 years for sexual abuse of 10 boys over a 15-year period.

THE ASSOCIATED PRESS

Can quakes be predicted?
Court says yes, leaving Italy's experts in fear

Four top Italian disaster experts quit their posts Tuesday.

They said the manslaughter convictions of former colleagues for failing to adequately warn of a deadly 2009 earthquake mean they can't effectively perform their duties.

A court in the quake-devastated town of L'Aquila convicted seven ex-members of Italy's so-called "Great Risks Commission" and sentenced each to six years in prison.

The sentences prompted predictions that experts will be discouraged from working in Italy for fear of similar risks of prosecution.

Prosecutors said the defendants didn't properly warn town residents of the risk of a big quake.

But scientists say major earthquakes cannot be accurately predicted.

THE ASSOCIATED PRESS

308 killed

The 6.3-magnitude quake left 308 people dead in April 2009.

iPad Mini priced well above rivals

Orders start Friday. New tablet 'is not just a shrunken down iPad,' senior Apple exec says

Apple introduced a smaller iPad on Tuesday as expected, and updated its full-sized one. It also unveiled new Mac computers, including a 13.3-inch version of a MacBook Pro with sharper, "Retina" display.

With a screen measuring 7.9 inches on the diagonal, the iPad Mini is about two-thirds the size of the regular iPad. "You can hold it in one hand," said Philip Schiller, Apple's senior vice-president for worldwide marketing. "It's not just a shrunken down iPad. It's an entirely new design."

The iPad Mini starts at $329 US, which makes it more expensive than rival, seven-inch products — Amazon.com Inc.'s Kindle Fire starts at $159 US, and Google Inc.'s Nexus 7 at $199 US.

Advance orders for the iPad Mini and the new full-sized iPad will begin Friday, and the products will be available Nov. 2. Two weeks later, a version capable of using cellular networks will go on sale. That's a feature the cheaper, seven-inch tablets don't have.

The new full-sized iPad is an update to the third-generation device that went on sale in March. It has a sharper screen and promises a faster processing chip and faster wireless Wi-Fi connectivity. Prices start at $499 US.

- A new thinner and lighter version of the 13.3-inch MacBook Pro, with a sharper display, will start at $1,699 US.
- New iMac computers feature what looks like a super-thin display screen — but Schiller noted "there is an entire computer in here."
- A new Mac Mini starts at $599 US and comes with four gigabytes of RAM.

THE ASSOCIATED PRESS

The iPad Mini, shown in San Jose, Calif., on Tuesday, has a screen about two-thirds as large as the full-sized model.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Quick-touch payments. Tim Hortons rolls out Interac Flash

Tim Hortons has joined other Canadian retailers in adding Interac Flash cards to the number of ways customers can make cashless payments at the counter.

The restaurant chain expects more than 2,300 locations across the country to be accepting the wireless touch cards by the end of October.

Rather than adding to a credit card balance, the Interac cards draw down the funds from the customer's bank account. THE CANADIAN PRESS

You may soon be able to get your caffeine fix a little bit faster.

TARA WALTON/TORSTAR NEWS SERVICE/FILE

London. Conrad Black calls BBC interviewer 'British fool'

Former media magnate Conrad Black has given a combative TV interview on the BBC in which he suggested he could resume his seat in the House of Lords.

In an interview with testy exchanges, Black termed the BBC host a fool and talked about "being able to endure a discussion like this without getting up and smashing your face in."

The former media magnate told BBC Two's Newsnight the U.S. charges that sent him to prison for close to three years were "rubbish" and that he had been "persecuted half to death." Black, who returned to his Toronto home this year after being released from a Florida prison, also suggested he plans to keep his seat in Britain's House of Lords.

But the chat with Newsnight's Jeremy Paxman soon became heated when the host referred to Black as a convicted criminal and Black responded by calling Paxman a "priggish, gullible, British fool." THE CANADIAN PRESS

Beef recall

Federal food-safety watchdog allows plant to reopen

The Canadian Food Inspection Agency restored the operating licence Tuesday for a southern Alberta meat-packing plant at the centre of a massive recall of tainted beef, and also launched a review of the E. coli crisis that sickened at least 16 people.

Union officials say XL Foods employees are being summoned for training and suggest production could resume on Monday.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.74¢ (-0.01 ¢)

TSX 12,225.84 (-177.71)

OIL $86.67 US (-$1.98)

GOLD $1,709.40 US (-$16.90)

Natural gas: $3.535 US (+8.3 ¢)
Dow Jones: 13,102.53 (-243.36)

REGINA MUNICIPAL/SCHOOL BOARD ELECTION
OCTOBER 24, 2012
REGINA VOTES 2012
HEAD TO THE POLLS ON ELECTION DAY.
On October 24th, vote for a Mayor, Councillors and School Board Trustees. Regular polls will be open from 9 a.m. to 8 p.m. at 30 locations across Regina. Find your voting location online or look on the Voter Information Card that was delivered to your home.
Catch a free ride to the polls on Election Day with Regina Transit. Go online to find a route to your voting location.
For all the information you need this election, call 777-7000 or visit Regina.ca
Scan for more information
Take a FEW MINUTES to shape the next FOUR YEARS

Susan
BIRLEY
WARD 3
Strong Neighbourhoods
A Dynamic Downtown
VOTE: Susan Birley, Ward 3
• Responsible Government • Community Revitalization • Fostering the Creative Economy • Modelling Sustainability • Supporting Diversity

A DESTINATION WEDDING WHERE NO MAN HAS GONE BEFORE

JUST SAYIN'
Paul Sullivan
metronews.ca

Figure it out. The average life span lasts about 29,000 days. Might sound like a lot, but that's all you get.

So why would you spend a single one at a Star Trek convention?

The original Star Trek's Captain Kirk, William Shatner, had a lucid moment a few years back when he wondered the same thing.

"I didn't want anything to do with a group of obsessives who paid to get together to talk incessantly about a TV show that had been cancelled. It wasn't logical."

That was then. Apparently in his dotage these days, he made the trek to London, England, this past weekend in order to revel in the adoration of the obsessives.

Kingdom Klingon

They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume.

How obsessive are they? They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume. The previous record of 1,040 nerds in a room was beat, as 1,083 Klingons, Vulcans and Ferengi came together to … come together.

One couple really came together, exchanging vows as Klingons, the war-like aliens immortalized by Worf in Star Trek: The Next Generation. They spent their honeymoon at the convention, natch. I can't help but wonder what happens the first time Jossie tries to bite Sonnie (they're both Swedish in real life) on the neck (how a Klingon indicates he or she is interested in sex), and Sonnie says "Not tonight dear, jIwuQ (I have a headache)." The fur will fly, no doubt.

Not only did trekkers (the politically correct version of "trekkie") waste two of their 29,000 days to pine for a program that went out of production on May 13, 2005, they spent as much as 3,000 British pounds on a ticket.

To be fair, the damn thing is tougher to kill than a Romulan battle cruiser. J.J. Abrams directs the next movie, which documents the further adventures of a reinvented Captain Kirk, set to open on May 17, 2013, eight years later, almost to the day the series died.

How's that for symmetry? Symmetry is very important when you're a trekkERRRR.

If this keeps up, Star Trek will eventually catch up to its fictional "real time," sometime in the 23rd century. In fact, I'm surprised this has never been a Star Trek episode, as it's right up their alley.

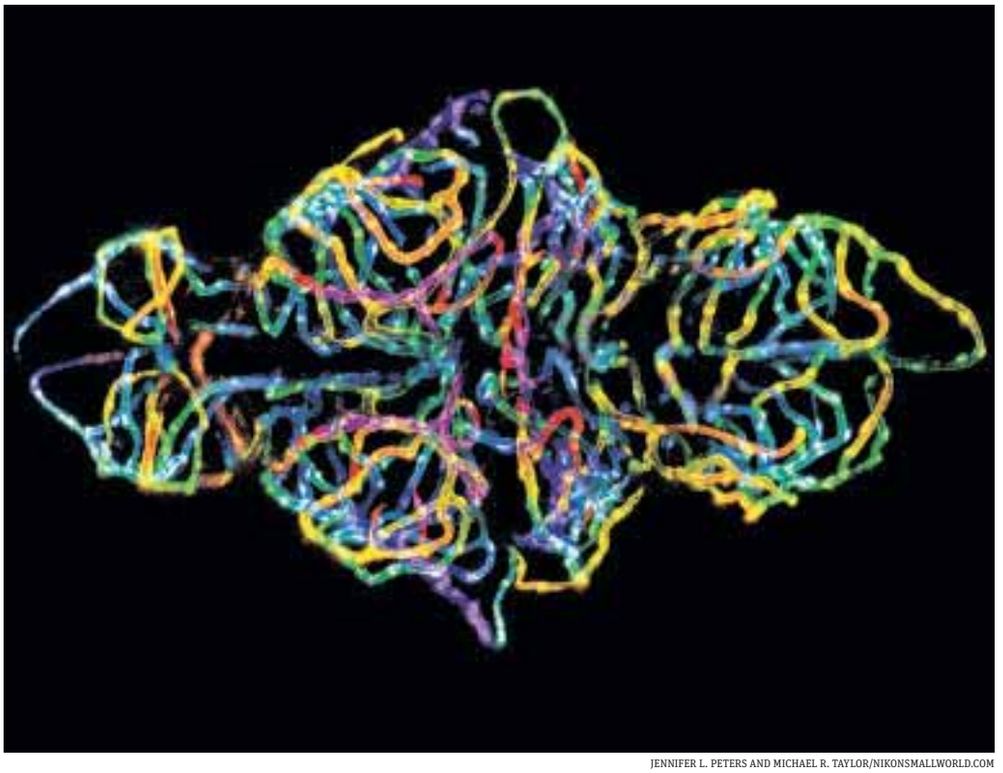
Full disclosure: I used to be a fan, but bailed when the show jumped the shark somewhere between Deep Space Nine and Voyager. But I'd like to think I never thought of Scott Bakula (Star Trek captain #5) as "legendary" or the kiss between Captain Kirk and Lieutenant Uhura as a milestone in U.S. race relations.

Yes, all the various Star Treks won 31 Emmys. But Frasier won 37 all by itself, and they don't have a Frasier convention every year with 1,000 Jack Russell terriers called Eddie.

At least not yet.

Jossie Sockertopp and Sonnie Gustavsson tie the knot in a Klingon wedding ceremony last weekend in London, England. OLI SCARFF/GETTY IMAGES

This photo is a little fishy



JENNIFER L. PETERS AND MICHAEL R. TAYLOR/NIKONSMALLWORLD.COM

Photomicrography

Fish brain lights up to win contest

A first-ever picture of the blood brain barrier in a live animal has won this year's Nikon Small World Competition, which recognizes excellence in photography taken through a microscope.

The blood brain barrier in a live zebra fish embryo was made by Jennifer Peters and Michael Taylor at St. Jude Children's Hospital in Memphis, Tenn. METRO

Q & A

This is a photo first

Can you describe the photo?
This image is of blood vessels from the brain of a live zebra fish larva. Using a fluorescent protein, we labelled the vessels that make up the blood brain barrier. As the colour changes from red to yellow to green to blue, the vessels are going deeper into the brain.

How is this image important in science and art?
This is the first time the entire blood brain barrier has been imaged in a live animal. I believe that new models of the blood brain barrier, such as the zebra fish shown in our image, may lead to new treatments for central nervous system diseases that disrupt the BBB: neurodegenerative disorders, brain tumours and strokes, to name a few.

Esthetically, it's absolutely stunning.

MICHAEL TAYLOR
Biology researcher

Science explained

What's a blood brain barrier?

This defensive barrier is a group of cells that let nutrients and other necessities move between blood vessels and the central nervous system, while keeping bacteria out of the brain's region. METRO

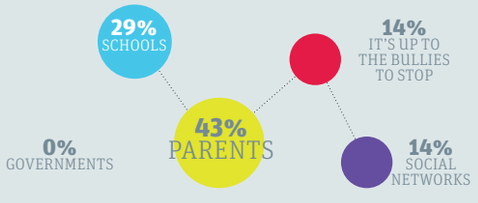
Online

See all submissions in our gallery at metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Who should lead the charge in the fight against cyber-bullying?



Twitter

@amandagebhardt:
aww: that old couple having coffee and a doughnut and holding hands in a #yqr @timhortons #thatslove

@KelseyTWN:
Yikes, careful on those roads! #yqr RT @mystic966 Really messy in regina, slushy and cool.

@BryPry:
#YQR should just host the Olympics...that will take care of all this stadium talk.

@DCFraserLP:
In a few days, #yqrvotes will be no more and countless fake accounts will see their relevance vanish. This, I look forward to #yqr

@TimOwensSK:
What? The #Riders support the RRI? Shocking! Next thing u will tell me is business support Sask-Party & unions support NDP. #yqrvotes

metro

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‘I was James Bond’

ANTHONY JOHNSTON
Metro World News

Licence to Thrill: Anthony Johnston, a.k.a. James Bond, in front of the iconic O2 Arena in London. Inset, Anthony as Daniel Craig taking care of an adversary. NICK CUNARD

London. Reporter plays 007 for a day, scaling an arena, drinking martinis and scoring a Bond girl

As a copy editor, I’m a stickler for, well, everything: words, grammar, facts … and movie trivia. I know a thing or two about James Bond (his dad was Scottish and he has a drink every 24.3 minutes, for example) but I never pictured myself as 007.

In fact, no one has pictured me as 007.

At six-foot-six and close to 275 pounds — counting my bushy beard and hair — I am closer to Jaws in stature and have as much experience with firearms as Moneypenny (none). Despite all this, I took up the mission of Be Bond for a Day to see if I could masquerade as a secret agent.

Cut and shave à la Bond

To be Bond, you have to look the part. So that means a respectable tuxedo — Moss Bros. of King Street, Covent Garden fixed me up — and an all-out makeover. At traditional barbers Murdock London (Liberty department store, Great Marlborough Street, London), they specialize in slick side-parting styles and wet shaves with cutthroat razors.

Prepared, I whip out a photo of Sean Connery in Dr. No — it’s the look I want.

My barber Alex Glover applies lashings of exfoliating creams and several hot towels to my face before diving into the mossy bush on my cheeks and atop my head.

The result is pure, pomaded Sean. I am now ready to climb a building.

Before R. PECKETT

and during R. PECKETT

Johnston, Anthony Johnston

In The World is Not Enough, 007 lands atop London’s O2 arena after falling from an exploding hot-air balloon. Forgetting to bring my exploding hot air balloon, I instead sign up for the site’s latest attraction Up at The O2, a 190-metre open walkway that stretches over the roof.

Attached to a harness, visitors scale the tensile fabric path, which at its steepest has an incline of 30 degrees, and finally rest at the observation deck — 52 meters above ground level. (The equivalent of 27 Sean Connerys and one Nick Nack, stacked up tall.)

Vertigo nearly kicks in. But if you’re like Bond and walk with purpose — as fast as you can — at the top you’re rewarded with the spectacular skyline of London’s Canary Wharf financial district.

‘Daniel Craig’ with girls on The O2... NICK CUNARD

You’ll also have a good view of your fellow climbers, some of them, ahem, Bond girls.

Despite my tux, they were reluctant to pose with me. But after I donned a Daniel Craig mask, they rushed in, and one bloke even let me shoot him with my fake gun. Skyfall cost millions. All I needed to become a star was a $5 sheet of thin cardboard.

And after this high climb, a stiff drink.

An Evening with Vesper

Where did Ian Fleming coin the celebrated phrase “A Martini. Shaken, not stirred”? Duke’s Hotel (St. James’s Place, London), nestled in the city’s swanky Mayfair district. It boasts a sumptuous and refined bar where hedge fund managers and art gallerists — and occasionally a dashing 007 double — sip cocktails well into the night.

No sooner had I arrived at this quaint bar than the head barman Alessandro Palazzi, in his pristine white tuxedo, whisked me to my corner table. After glancing at my own attire, he kindly says to me: “You’ll want to have The Vesper.”

For novices among you, The Vesper — a powerful concoction of gin, vodka, bitters and Lillet blanche aperitif wine — is regarded as the “true” 007 Martini, as it is mentioned in Ian Fleming’s first Bond novel, Casino Royale. Alessandro makes it with three measures of No. 3 Gin (from London-based Berry Bros.), one measure of Potocki Polish vodka, one of Lillet Blanc and two dashes of Angostura bitters, topped off with a slice of orange peel. Alessandro’s preparation of the drink before my eyes was tantalizing — the taste, intoxicating. Dry, rough, smooth, potent, invigorating and $27.70 — it had as many qualifiers as it had ingredients.

My lips and mouth had been shaken and stirred.

...and at the club. RICHARD PECKETT

And finally, the Bond girl

With Vesper flowing through my bloodstream, it was high time I got to work. The mission? Chat up more potential Bond girls. Armed with a feigned ego and innuendo-filled one-liners that would embarrass M, I headed for the aptly (and worryingly) named Dirty Martini (11/12 Russell St., Covent Garden, London).

At first, my efforts went badly amiss — I was blown off and berated, even slapped at by a mature woman who said, “I’m too dirty for you.” Burned, James, burned. Maybe some Bondian pick-up lines would work?

“Hi,” I said, smoulderingly, to the fair-skinned girl with delightful auburn hair. She asked if I was American, to which I replied, “No, I’m Irish.” (I really should have followed with, “Like Pierce Brosnan!”) Then I stood there mute, a case of stage fright. The woman left, forgetting all about me.

Us spies call this “pulling a Lazenby,” a.k.a. “dying another day.”

The big finale

Like any good Bond movie, this one has an explosive ending. Channelling my inner-Craig, I used one last pick-up line on two fine birds — “Explain this to me,” it goes, “How come two gorgeous ladies like yourselves walk in and nobody tells me about it?”

They laughed — the good kind, mind you — and soon, I was chatting up someone who looks curiously similar to Eva Green as Vesper Lynd in Casino Royale. She even sat in my lap.

Was she on a Be a Bond Girl mission herself? That’s for my eyes only.

Exclusively online

- **Anthony Johnston dresses as James Bond, climbs the O2 and drinks martinis. Watch the video at metronews.ca/scene**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Fergie

Meth and paranoia — Fergie talks about sobering up

A paranoia-filled visit to church one day was what it took for Fergie to clean up and quit using drugs, she tells Oprah Winfrey in an interview.

"I started getting really paranoid, so I went one day into this church and I thought that the FBI and the SWAT teams were outside the church," says the singer, who says she started taking drugs — including crystal meth — in her teens. "I said, 'All right, if I go out and the FBI and the SWAT team's not out there, then it's the drugs and I'm stopping."

There were in fact no law enforcement officials waiting for her, and she kept her promise to herself and sobered up. Fergie didn't, however, specify exactly when all of this happened.

Lindsay Lohan

Lohan refutes dad's alcohol allegations

Lindsay Lohan apparently isn't too worried about dad Michael Lohan's hopes to put the troubled actress under a conservatorship, according to Hollyscoop.

"No judge would buy it," Lohan reportedly told friends. "[The judge] would have a hard time believing the claims of someone who was investigated for insider trading, arrested for domestic violence multiple times, arrested for assault, has a drunk driving arrest and has been in and out of jail and prison for years." Lohan also insists that emails her dad provided to TMZ showing that her management team agrees that she's fallen off the wagon are all fabricated.

Michael, meanwhile, claims that his daughter is drinking up to a "bottle and a half" of vodka per day and using cocaine again.

The Word

Timberlake provides own entertainment at wedding reception

A benefit of marrying someone like Justin Timberlake? Some high-quality serenading at the reception.

That's exactly what new bride Jessica Biel got during the couple's wedding celebration in Italy last week, when Timberlake reportedly grabbed the microphone to unveil some new material, according to Us Weekly.

"Justin performed one song at the wedding," a source says. "It's a new one that he hasn't released yet. He dedicated it to Jessica."

Guests were also treated to some other Timberlake hits from the DJ, Roots drummer ?uestlove, who "played a bunch of Justin Timberlake songs, but no *NSYNC," the source says.

METRO WORLD NEWS

Heidi Klum

Klum planning lavish Christmas with her kids

Heidi Klum is planning to stick around Los Angeles and treat her kids to a lavish Christmas celebration for their first holiday season since Klum split with husband Seal, according to People magazine. "We're going to stay here possibly," Klum says. "We're going to get a big Christmas tree and we might go to Disneyland. We go all over the place." Whether Seal will be a part of those celebrations is yet to be seen.

Melanie Griffith

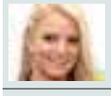
Don't let Twitter comments get you down

Melanie Griffith may be regretting her decision to join the Twitter world, as some of her fan interactions have been less than pleasant. "Most people are telling me I look horrible," she tells Us Weekly. "The tweets I get are really nasty." But the actress doesn't let the harsh barbs get her down. Instead, she keeps focused on staying in shape — and staying humble. "I don't know if I look that great," she admits. "[But] I work out a lot. I have a trainer that I [work with] four times a week, and I do hot yoga."

Twitter

@ABFalecbaldwin
Please be safe in Hawaii, @IrelandBBaldwin . Avoid the sharks. The ones wearing flip flops, Ray Bans and carrying a Budweiser.

@TheEllenShow
I'm so happy for Adele and her new baby boy, who just heard the best version of "Twinkle Twinkle Little Star" ever.



@JessicaSimpson
Long day at work. Too lazy to wash my face off before bed! Nighty Night

@SteveMartinToGo
I'm thinking of becoming a motivational speaker. But I'm not sure. Should I? Maybe yes, maybe no. Undecided. Kinda thinking about it.

What up, Playa?

Not far from Cancun (and with a little more class), it's Playa del Carmen

CASSANDRA GARRISON
Metro World News

One of the fastest developing vacation spots in Mexico, Playa del Carmen is the perfect destination for everything from family getaways to bachelor parties. Many American entrepreneurs have found Playa to be an ideal location for starting a business, making it a smart choice for those who aren't fluent in Spanish or don't want to sacrifice the comforts of home. With direct flights into nearby Cancun and temperatures remaining in the 20s, Playa del Carmen offers an easy, affordable escape from the increasingly chilly air.

Who needs Cancun when you've got Play del Carmen? THINKSTOCK

Stay

There are countless all-inclusive resorts nestled along the beaches leading into the city, but for a more unique experience, opt for a downtown location for your home base like the Acanto Boutique Hotel (16 Norte bis, 1-888-331-2177). Sitting along a shaded cobblestone street, this hotel offers travellers spacious suites that lend themselves to longer stays. The private rooftop decks, equipped with barbecues and hot tubs, afford stunning beach views and breathtaking night skies. Acanto is close to Quinto Avenida (or Fifth Avenue, as it's known to tourists) and steps to Playa's many beach clubs, where you can lounge along the shore.

Play

The sprawling lounge chairs and couches at Zenzi Beach Club (on the beach at 10 Street, 984-803-5738) make it hard to resist a pina colada, day or night. People-watch while you sit back and sip your way to relaxation.

If you're a cigar enthusiast, visit the quaint Cigar Factory on the corner of Fifth Avenue and 16 Street, where elderly cigar rollers will be hard at work at a table in the window.

Explore

Since it's located within the Riviera Maya, Playa is just a short drive from other Mexican hot spots like the party scene in Cancun or Tulum, the boho-chic village outside the historic Tulum ruins. Take a day trip to explore the fascinating ancient city, believed to have been built by the Mayans between 1200 and 1450 — but watch your step for the wild iguanas! The public access beach can get crowded midday, so head into town and grab lunch at one of the many eco-hotels that are rapidly becoming hot spots for fitness enthusiasts or the environmentally conscious traveller.

Savour

Playa's eclectic dining scene offers much more than your typical Mexican fare (but rest assured taco lovers, there is plenty of that). Spice up supper time with a taste of Venezuela at the Kaxapa Factory (Constituyentes Avenue, 984-147-1645). Feast on arepas and patacones (fried green plantain sandwiches) at this family-run joint, and eat up — most menu items aren't more than $7. For something a little more romantic, head across the street from Acanto to La Sirena Mar y Barrio (16 Street between First and Fifth Avenues, 984-803-2448), a chic, modern, Mexican bistro. The name of the game here is fresh local seafood. Don't miss the ceviche.

Chorizo sausage steals spotlight in roasted chicken with root vegetables

Sometimes it's best not to overthink things — as in this basic roasted chicken, a take on a simple French classic.

Everything is just tossed into a pot, put in the oven and ignored until done.

The recipe calls for a cast-iron Dutch oven. These really are indispensable for making all manner of roasts and stews.

Ingredients

- 1 tsp garlic powder
- 1 tsp kosher salt
- 3- to 4-lb whole chicken
- 1 tbsp olive oil
- 1 lb cooking chorizo, casing removed and discarded, meat finely chopped
- 4 sprigs fresh thyme
- 3 sprig fresh rosemary
- 1 medium yellow onion, quartered
- 12-oz bag baby carrots
- 1 lb new potatoes
- 1 lemon, quartered
- 6 cloves garlic, peeled but left whole
- Ground black pepper, to taste

1. Heat oven to 350 F. Combine salt and garlic powder, rub mix over and under the skin of the chicken. Set aside.

2. In a 5 1/2-quart Dutch oven over medium-high, heat oil. Add chicken and sear 5 mins. per side. Transfer chicken to plate.

3. Add chorizo to pan, sauté 4 mins. Add thyme and rosemary. Heat 30 seconds. Return chicken to pan, breast up. Arrange onion, carrots, potatoes, lemon and garlic around chicken; place lid on pot. Transfer to oven and roast 45 mins, or until the breast reads 160 F on an instant thermometer. Transfer chicken to platter and tent with foil. Use slotted spoon to transfer veg and chorizo to serving bowl. Cover to keep warm. Discard lemon quarters and any herb stems.

Roasted chicken with chorizo and root veggies

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Place the pot over medium heat and bring to a boil. Cook until reduced and thickened, about 3 to 4 minutes. Adjust seasoning with salt and pepper. Serve the sauce drizzled over the chicken.

THE ASSOCIATED PRESS

Drink of the Week

Pinnacle Pumpkin Cider

It doesn't get more autumn than pumpkin pie and cider, and this drink combines the best of both worlds. It also adds a splash of lemon for a tart taste.

- 2 parts Pinnacle Pumpkin Pie vodka
- 1 part apple cider
- A splash of fresh lemon sour soda

Shake the vodka, apple cider and lemon sour with ice. Strain into a caramel-swirled glass and garnish with an apple slice.

METRO WORLD NEWS

Parsnips give potatoes a run for their money

Winter is the season for parsnips, though when some varieties get too mature they develop a woody core, which then needs to be cut out. Otherwise, these sneaky little devils are a wonderful, lighter alternative to actual mashed potatoes.

They're made by reserving the liquid in which they are cooked, boiling it down until it becomes syrupy, then adding it back to the puréed parsnips.

So simple, but such amazing results. This greatly decreases the wateriness that typically afflicts non-starchy vegetables when they're puréed. Indeed, it thickens the purée. And it amps up the flavour, too.

Ingredients

- 2 lbs medium parsnips, peeled and sliced 1/2-inch thick
- Kosher salt, to taste
- 1 tbsp unsalted butter
- Ground black pepper, to taste

1. Place parsnips in large saucepan, add enough cold water to cover by 1 inch. Bring to boil over high heat and add a pinch of salt. Reduce heat to medium-high and simmer, adding a little more water if necessary to keep the parsnips barely covered, until tender, 25 to 30 minutes.

2. Drain and reserve cooking liquid. Set parsnips aside and return the liquid to the pan. Bring to a boil over high heat. Boil until reduced to 3/4 cup. Return the parsnips to the pan and add the butter. Working in batches, transfer the contents of the saucepan to a food processor and puree until smooth.

3. Return to the saucepan, season with salt and pepper, then heat over medium until hot. THE ASSOCIATED PRESS/ SARA MOULTON OF PUBLIC TELEVISION'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS

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Feels good to be grad

Education preparation.
The go-to guide for those gearing up for grad school

CLARE TATTERSALL
TalentEgg.ca

DO: Visit the school you are applying to and connect with faculty and prospective supervisors.
Having that face time with a member of the selection committee or a prospective supervisor can go a long way in helping you to get into a program. Many programs will not admit a student unless they already have a faculty member who is willing to supervise his or her research.

If you take the time to learn who is out there and connect with him or her about your area of research interest and he or she seems interested in your ideas and approach, then you are halfway, at least, to getting in.

Sentences that stand out

Write a statement of purpose that is personal and well thought out...

- ...not cliché or filled with broad sweeping statements and random flattery of the program to which you are applying. Know what your purpose is? Explain who you are, what you want and why you want it from where you are applying.
- Follow the department's directions to a tee. Re-write, give drafts to your family, friends, etc. Make it punchy, personal and free of typos.

Do apply early: Programs get flooded with late applicants who are making sudden life changes or who have just received a rejection letter from law school, med school, dentistry school, etc. ISTOCK

Do: Take time before you start the application process to reflect on what you would like to research while in grad school.

The most successful applicants are those who have a clear research interest — one that is innovative or takes a new approach to an old question. You need to know how you want to conduct your research, what resources you intend to use, what the burning question is that you want to address and why it is important. I know it is difficult at this point in time to know the answers to all of this, but the closer you can get, the better.

Take time to chat with your current professors and to get their insights on your research. This is also the sort of thing that you can connect with prospective supervisors on. They can direct you to other resources that may be of use to you.

Don't: Apply to a whole bunch of programs hoping that one has got to work out.

You need to learn the key details of a program, including faculty research interests and specific courses offered, before you apply. It's better to take the time and identify the programs that are best suited to you, tailor your application to that program and make connections with people there.
Take the time to do your research and know who the school's faculty members are and what they are known for, and play to those strengths in your application.

Don't: Hand in an application that is unclear, disorganized, or contains spelling or grammatical mistakes.

This will give the impression that you are not clear about your purpose or do not take the application seriously.

Don't: Overdo the flattery.

A number of admissions committee chairs have cited distaste for applications that include insincere flattery, such as praising the program in an obsequious manner. Other chairs added inappropriate name-dropping or blaming others for a poor academic record as potential kisses of death.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

Chart and progress. How to pick between a pile of potential programs

Applying to graduate programs can be time consuming and expensive, so it might not be feasible to apply to every program that interests you.

Yet, with so many options for graduate study, it can be difficult to narrow down your options.

The following are some strategies for your hunt for the perfect graduate program:

Getting organized

If you are comparing several programs, summarize the key information about each program and keep it in a central location.

In a chart on my computer, I record the following information about each program:

- University and program
- Location (which can have implications for funding options whether you stay home or go abroad)
- Type of program (e.g., coursework, major research paper, thesis)
- Duration of the program
- Application deadline
- Costs (including tuition, living expenses and other fees)
- Admission requirements (e.g., minimum GPA, undergraduate courses, etc.)
- Required application materials (including the number of reference letters, writing samples, research statement, CV, completion of standardized tests, etc.)
- Additional notes (e.g., faculty supervisors in the department, co-op options, etc.)

Rank the programs

With all of this information in one place, I can more easily rank the programs. For example, I can look under the 'admission requirements' column of my chart and eliminate programs that require extensive professional experience in the field.

I add these to the chart, though, so that I can keep them in mind for the future.

The chart also allows me to compare the costs of the programs more easily.

Reorganize the chart by deadline

Once you narrow down your options (based on the criteria that are most important to you), you can reorganize the chart by deadline so that you can start by working on applications that are due first.

When asking for references, you can refer to the 'application materials' column to see how many references you need and from whom.

It is also worth checking the programs' websites again to make sure that deadlines or other important information has not changed.

Over a year ago, I bookmarked the website of a program to which I wanted to apply but, when I revisited the site a few months ago, I discovered that the program no longer exists!

A similar chart can help you organize your funding options.

You might include some similar columns (such as deadline) and some other information, such as eligibility requirements and the value of the award/scholarship/grant.

ELIZABETH BAISLEY IS A MASTER OF ARTS STUDENT AT QUEEN'S UNIVERSITY WHOSE RESEARCH FOCUSES ON THE RIGHTS OF MARGINALIZED POPULATIONS, PARTICULARLY THE RIGHTS OF WOMEN, CHILDREN AND SEXUAL MINORITIES.

Student Voice

No business in show business?

Ashley Proulx
Graduate, Theatre Arts, Algonquin College
TalentEgg.ca

When I was in school, I was getting a lot of volunteer work as assistant stage manager and other production positions in theatre. That is kind of my dream job — to work anywhere in theatre. It was great, however, as a volunteer, I wasn't making any money from.

To pay the bills I worked in retail. That was fine, but I seem to have really bad luck because everywhere I've worked for so far either closed shop or went bankrupt. It's very hard to maintain contacts to these businesses because when it comes time to ask for references, they can't be reached. So I have to use my theatre references, but of course that probably seems odd to someone in retail or any other job because to them, it seems like I didn't get along with my peers in non-related theatre work.

I even worked with my family's company that had been in business for 40 years until that too went under. So I had to go find another job.

And have I mentioned that I have the worst luck with jobs? People I work for in theatre say they love to have me around on a project because I am a trooper. Easy to say, maybe, because they don't pay me, but I know they wouldn't say it if it wasn't true.

I have been applying to so many full-time positions without much luck. I've been on second and even third interviews, and nothing. So with years and years of getting nothing, it's starting to take a toll on my self-esteem. All I want is a job to pay my bills so I can do something I love to do, or maybe even go back to school to further my career, but without knowing how I am going to make money, my future seems dim.

I used to be a very happy go-lucky person. I still act like it in my job, but now I just want to get out of this situation so I can be my real happy self again.

My advice for students and recent grads
Don't get a theatre arts degree. If you do, at least go back to school again to do art administration or technical design as a backup.

Ashley Proulx PROVIDED

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

NBA

Nowitzki in no rush to return after arthroscopic knee surgery

Mavericks star Dirk Nowitzki says he's encouraged after the first knee surgery of his career but says a timetable for his return is "pretty ridiculous to talk about."

Nowitzki walked gingerly but without a noticeable limp on Tuesday, four days after arthroscopic surgery on his ailing right knee. Coach Rick Carlisle said the 11-time all-star is expected to miss six weeks.

THE ASSOCIATED PRESS

MLB

Guillen let go after last-place season in Miami

Ozzie Guillen was fired Tuesday after one year as manager of the last-place Miami Marlins, whose promising season began to derail in April when his laudatory comments about Fidel Castro caused a backlash.

Miami's next manager will be the fifth for owner Jeffrey Loria since early 2010.

THE ASSOCIATED PRESS

MLB

"I would take exception with the thought that there was no intent to fulfil a contract."

New Red Sox manager John Farrell in response to fan anger in Toronto. The Blue Jays made a deal with Boston last weekend to release the skip, who was pursuing the high-profile job.

Tigers ace Justin Verlander delivers during Game 3 of the ALCS against the New York Yankees in Detroit on Oct. 16. GREGORY SHAMUS/GETTY IMAGES FILE

Verlander returns to Series on October roll

Tigers' best. Detroit ace looks to put behind early career disappointments on World Series stage

Justin Verlander's introduction to post-season baseball six years ago left him dazzled and exhausted.

Worn down toward the end of his rookie season, he made his playoff debut at Yankee Stadium. A couple weeks later, he was on the mound for Game 1 of the World Series.

"It was such a whirlwind, really, that entire season. I remember standing on the mound in old Yankee Stadium ... and growing up as a kid you see all of the post-season games and all of the magic that had happened in that stadium, and it was kind of a surreal moment for me," the Detroit ace said.

"I feel like I have pitched in big games now and understand what my body's going to be going through and what my mind is going to be going through and I am able to rein it in a little more and use it more to my advantage."

Verlander is now 29 and he returns to the Fall Classic a more mature pitcher. In three playoff starts against Oakland and the New York Yankees, he's allowed all of two runs going into Wednesday night's opening game at San Francisco.

"He's learned to handle these situations. He's learned how to stay pretty calm throughout the game in these big-game situations," manager Jim Leyland said.

The six-foot-five right-hander makes pitching look effortless, settling into a groove early without necessarily reaching back for his triple-digit fastball until the later innings.

Verlander went 24-5 in 2011, sweeping the AL MVP and Cy Young awards. Although he won only 17 games this year, his ERA was still a sparkling 2.64.

Of course, in 2006, Verlander started Game 1 of the World Series, and the Tigers lost to St. Louis 7-2. Those travails are all but forgotten now.

On Wednesday night, Verlander will go back to work with his usual business-like attitude and tireless approach. He still won't take anything for granted. Verlander's well aware that no matter how talented you are, anything can happen in October.

"Every game in the post-season is a must-win," Verlander said. "In the post-season we have seen some crazy things happen in this game. Just try to win every single game one inning at a time."

THE ASSOCIATED PRESS

Second chance in San Francisco

Barry Zito will start the World Series opener for the San Francisco Giants Wednesday night.

- Zito's stellar outing in a 5-0 win on Friday in Game 5 of the NL championship series helped San Francisco rally from a 3-1 series deficit against the St. Louis Cardinals.
- The Giants have won Zito's last 13 starts dating to Aug. 7. The $126-million pitcher was left off all three rounds of the 2010 post-season when San Francisco won the World Series.

NHLPA irked at teams' contact with players

Players, from left, Dan Cleary, Sidney Crosby, Jarome Iginla, Eric Staal and Shane Doan leave collective bargaining negotiations last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

Distrust continues to creep into the NHL's stalled labour negotiations.

The NHL Players' Association was questioning the league's motives after news surfaced Tuesday that team owners and general managers were given 48 hours last week to speak with players about the NHL's latest contract offer.

"Most owners are not allowed to attend bargaining meetings," said Steve Fehr, the NHLPA's special counsel. "No owners are allowed to speak to the media about the bargaining. It is interesting that they are secretly unleashed to talk to the players about the meetings the players can attend, but the owners cannot."

The window was granted last Wednesday. Team employees were told they could answer questions about the offer from players until 11:59 p.m. Friday.

"Players were contacting club personnel to inquire about our proposal," said deputy commissioner Bill Daly. "We gave them a limited window in which to respond to those inquiries."

In a lengthy internal memo obtained by The Canadian Press, the NHL stated clearly that the discussions had to be limited to the contents of the proposal. It also provided examples of questions that shouldn't be asked of players and noted that any violation would be subject to NHL bylaw 17.17, which gives commissioner Gary Bettman the power to levy fines up to $250,000.

THE CANADIAN PRESS

Before the window

Since the lockout began, the NHL had forbidden contact between team officials and players.

- It was unclear how many players were contacted.

4 SPORTS

DRIVE

Time waits for no bench seat

Autopilot. Seating made easier?

AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2013 Chevrolet Impala is the last in a long line of sedans to have front bench seats. The Cadillac ATS is among the first in line to offer a 'safety seat'. HANDOUT

As far as bittersweet goodbyes go, it's not one of the big ones. Not like when the McRib sandwich was dropped off the permanent menu at McDonald's.

But brace we must, for the coming demise of the front 'bench' seat.

The 2013 Chevrolet Impala is the last sedan standing in North America that can be equipped with a front bench. We got word last month that the all-new 2014 Chevrolet Impala being readied for sale sometime in 2013 will not be offered with a bench seat option. So when the 2014 Impala replaces the 2013 version, it's all over, for Chevrolet and for the North American industry.

Chevrolet has been a purveyor of bench-seat equipped cars since 1911, with the launch of its very first car — the Series C Classic Six.

You can still get front benches in pickups and some SUVs, but their time in passenger cars has clearly passed. GM noted that only about one in 10 Impalas are currently sold with the bench option.

Why did they fall out of favour? Well, we could start with general discomfort, stemming from their too close association with the church pew, their total lack of lateral support during cornering and the lovely, non-verbal way they lately came to say "fleet car" and/or "I'm not trying anymore, bucket seats are just too cool for me."

But they definitely had their day in the sun. For decades, they were the go-to front seat — for value, for getting the most people in a car and for keeping things cozy between you and your sweetie. It will always be an endearing image — a gal sitting tight beside her guy behind the wheel, while the far right seat goes empty. It's probably not a coincidence that the drive-in movie theatre and the front bench seat have simultaneously declined in popularity — they needed each other.

Time and seat progress marches on. Recently, I drove the new 2013 Cadillac ATS. A great car and one of the first to debut Cadillac's new "safety seat," which GM bills as "the industry's first to use directional tactile sensation — vibration of the driver's seat bottom — to warn of crash threats while driving and parking." (The operative word is "directional." Back in 2005, Citreon introduced its "vibrating seat" alarm.)

The seat features two vibrating mechanisms. If the threat is on the left (drifting left, object left), the left motor generates a pulsing motion destined, presumably, for your left butt cheek. If the threat is on the right, your right butt cheek gets the message. Threats from the front or rear trigger pulses on both sides of the seat.

I purposely drifted the ATS over the centre line in the road to experience this butt warning. It felt good … No, I mean it did its job — it's very effective at getting your attention. So we've moved from a seat that allowed one body to slide up nice and tight to another body, to one that sends mechanical vibrations to your butt. I guess it's progress.

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Horoscopes

♈ Aries
March 21 - April 20
You are rarely subtle in the way you say things and today you will speak your mind without fear or favour. Leave others in no doubt at all that you are not amused by what has been going on of late.

♉ Taurus
April 21 - May 21
Not everyone can live up to your exacting standards, so make allowances for those whose efforts fall short of the mark. The quality you most need to develop is patience. It won't be easy but it can be done.

♊ Gemini
May 22 - June 21
You need to slow down and take life at a more leisurely pace. The planets warn that mistakes will be made unless you think things through carefully over the next few days. Remember, your health always comes first.

♋ Cancer
June 22 - July 23
You have much to look forward to over the next few weeks, so don't waste time or energy on things that no longer matter. Whatever yesterday's problems were, it's time to put them out of your mind forever.

♌ Leo
July 24 - Aug. 23
Keep telling yourself that you are supposed to make mistakes and that it's not necessarily bad when things go wrong. The important thing now is that you learn from setbacks and make sure they don't happen again.

♍ Virgo
Aug. 24 - Sept. 23
What someone is saying about you is designed to make you feel bad about yourself, but you don't have to play their silly game. You know what you are capable of. You are perfect just the way you are.

♎ Libra
Sept. 24 - Oct. 23
Find ways to streamline your daily routine so you have more time for personal matters such as affairs of the heart. Most likely you are doing things for other people that they should be doing for themselves. Enough is enough.

♏ Scorpio
Oct. 24 - Nov. 22
Play by the rules and don't give your enemies an opportunity to catch you out. If you demand the highest standards of other people, they have the right to demand the highest standards of you.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone who has a lot of charm will make a big impression on you today but are they as nice as they look? If your sixth sense tells you to be on your guard, you would be wise to listen to it.

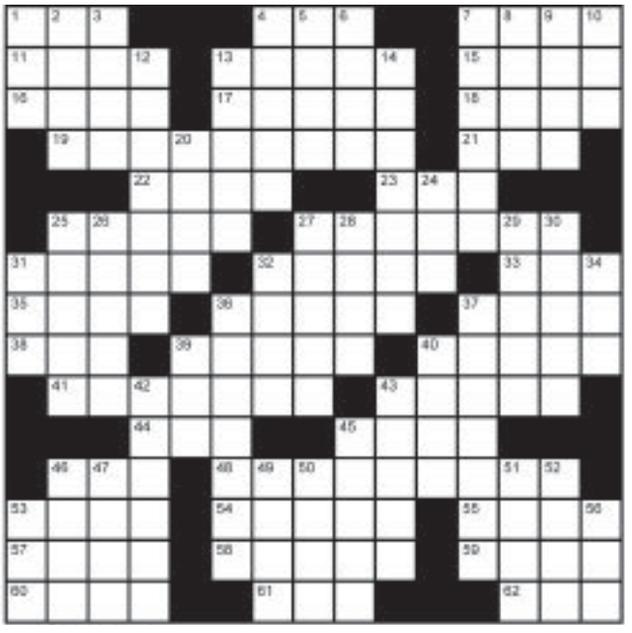
♑ Capricorn
Dec. 22 - Jan. 20
Forget about tomorrow and focus on what you are supposed to be doing right now. Take each day as it comes and tackle a single task at a time. One small task completed is better than ten big tasks left unfinished.

♒ Aquarius
Jan. 21 - Feb. 19
Stop worrying that the sky is about to fall and start doing the things that will make your existence more secure. For starters, you should be pushing ahead with a creative project. Time's running out.

♓ Pisces
Feb. 20 - March 20
A loved one is in need of cheering up and you are the one who can help. Make it your business to put the smile back on their face and, in doing so, your own worries will fade away too. **SALLY BROMPTON**

Two Cities, One Rocker, and Stuff for Walls

BY MICHAEL WIESENBERG



Across
1. Parliamentarians
4. African antelope also known as a wildebeest
7. Not this
11. Comic Sandler
13. French coin replaced by the euro
15. Nevada's "The Biggest Little City in the World"
16. Crafty
17. Starbucks order
18. Sandwich cookie
19. Saskatchewan's largest city
21. Body part right above the neck
22. Benedict XVI or John Paul II
23. ___ la la
25. Egyptians and Iraqis
27. Home of the Argonauts
31. Wonderland girl
32. With ___ breath: anxiously
33. Basis for a Quaker cereal
35. Small inlet
36. Ancient Celtic priest
37. "Are not!" playground retort (2 wds.)
38. Before: poetic
39. Years 13 through 19
40. Peaks of perfection
41. See 24-Down
43. Bows one's head in church
44. Deity
45. Street
46. Windsor product
48. Wallpaper alternative
53. One of the Great Lakes
54. By oneself
55. Long, long time
57. Flower sites
58. Appellations
59. Fiddler while Rome burned
60. Hive dwellers
61. Repair tears
62. Blade moisture, in the morning

Down
1. PC alternative
2. BlackBerrys and Palm Pilots
3. A long tale such as *Beowulf*
4. Prepare parmesan
5. Mutual defense org. to which Canada and the US belong
6. "Do ___ others as you would ..."
7. Like the famous wooden horse
8. Jealous wife of Zeus
9. All over again
10. Also
12. Facebook competitor
13. Airplane wing parts
14. Moved to the middle
20. Basketballer Bryant
24. With 41-Across, "Maggie May" or "Do Ya Think I'm Sexy?" singer
25. Then: Fr.
26. Blue jeans reinforcement
27. Tease
28. Lex's *Superman* sidekick
29. The Who's pinball wizard
30. Desert rest stops
31. Top card
32. Uncle Remus character
___ Rabbit or Bear
34. How-___: instruction manuals
36. Poker-faced
37. Early French Canadian
39. Deuce
40. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
42. Entrance's opposite
43. North and South ___
45. Sign up for more magazine issues
46. They were among the original inhabitants of Ontario
47. Assistant
49. "Sad to say..."
50. Iditarod's Alaska terminus
51. Must-have item
52. Bull ring wound
53. Be on the wane
56. At present

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2		8		1		3	
			6		3			
3		1				4		7
		9	2		5	7		
2								8
		8	7		6	1		
4		2				3		9
			1		8			
	6		4		9		5	

Yesterday's Sudoku

Today
0°/-5°
Partly sunny
Thursday
-1°/-9°
Flurries
POINTCAST
Get Your 5km Weather
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Sharability

easy — hard

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